Essential Structures

Brain-Based Education

- Awareness & Integration
- Modalities
- Normalizing

Self-Knowledge

- Values & Needs
- Strengths & Challenges
- Passions & Dreams
- Self Care
- Self-Talk
- Boundaries

A Life that Fits this NCRW person

Action

- Designing Actions
- Designing Systems
- Designing Habits
- Accountability Learning

Support

- Supportive Systems & Routines
- Supportive Environments
- Supportive People
- Delegating & Assertiveness

Zones of Integration

